

transfer pulley 316 is also connected with the lower frame member 16, preferably with the axle of the third transfer pulley 316 connected between a bracket along the bottom of the frame member and the top of the frame member. In the most rearward position of the body extension illustrated in Figs. 3 and 8, the weight transfer pulley 312 is generally aligned with the first 44 and second 314 transfer pulleys, and in the most forward or extended position of the body extension illustrated in Figs. 4 and 9, the weight transfer pulley 312 is forward of the first and second transfer pulleys (44, 314).

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The position of the weight transfer pulley 312 depends on the position of the footplate 32. In other words, as the footplate is pushed by the user, the transfer link 195 is moved with the footplate, which in turn moves the weight transfer pulley 312, which by actuating the cable 108 or belt, causes the selected load to be lifted. In the rest position the weight transfer pulley is positioned under the seat 36, and in the fully extended position, the weight transfer pulley is moved to be positioned well in front of, and generally between, the front and rear ends of the exercise machine.

In the Claims:

Please amend claims 1 as follows:

1. (Amended) An exercise device comprising:
- a frame;
 - a body extension mechanism including:
 - a press plate mechanism operably connected to the frame;
 - a seat structure having a seat and a back support, the back support being pivotally connected with the frame; and
 - a transfer link having a first end and a second end, the first end being operably connected with the press plate mechanism, and the second end being operably connected with the back support.

Please amend claims 6-10 as follows:

6. (Amended) The exercise device of claim 1, wherein:
said link has a front portion defining a channel, and a rear link portion; and
said rear link portion being insertable in the channel so that the length of the transfer link is adjustable.

7. (Amended) The exercise device of claim 1, wherein:
the seat structure further includes an over-center back support adjustment mechanism
whereby the orientation of the back support with regard to the seat may be adjusted.

8. (Amended) The exercise device as defined in claim 1, further comprising:
a weight stack having at least one weight plate.

9. (Amended) The exercise device as defined in claim 8, further comprising:
a cable operably connected between the body extension mechanism and the weight stack.

10. (Amended) The exercise device as defined in claim 1, further comprising:
a weight stack having at least one moveable weight plate;
a cable operably connected between the body extension mechanism and said moveable
weight plate; and
wherein the movement of said body extension mechanism causes said transfer link to
move, thus tensioning said cable to move said at least one weight plate, and as causing said back
support to pivot about its connection with said frame.

Please add the following new claims 12-34:

12. (New) An exercise device comprising:
a frame;

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a foot press plate pivotally connected with the frame;

a seat structure pivotally connected with the frame; and

a transfer mechanism connected between the foot press plate and the seat structure

so that movement of the seat structure is coordinated with movement of the foot press plate.

13. (New) The exercise device of claim 12 wherein the transfer mechanism includes a transfer link having a first portion pivotally connected with the foot press plate and a second portion pivotally connected with the seat structure.

14. (New) The exercise device of claim 13 wherein the transfer link has an adjustable length.

15. (New) The exercise device of claim 13 wherein the seat structure includes a pivotal back support, and wherein the second portion of the transfer link is connected with the pivotal back support so that pivotal movement of the back support is coordinated with movement of the foot press plate.

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16. (New) The exercise device of claim 13 further comprising:
a body extension mechanism including:

the foot press plate;

the seat structure; and

the transfer link.

17. (New) The exercise device of claim 16 further comprising a weight stack operably connected with the body extension mechanism.

18. (New) The exercise device of claim 16 further comprising a weight stack operably connected with the foot press plate.

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19. (New) The exercise device of claim 16 further comprising a weight stack operably connected with the seat structure.

20. (New) The exercise device of claim 16 further comprising a weight stack operably connected with the transfer link.

21. (New) The exercise device of claim 12 wherein the foot press plate includes at least one link pivotally connected with the front frame portion.

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22. (New) The exercise device of claim 12 wherein the foot press plate includes:
a top link;
the foot press plate connected with the top link;
a first link pivotally connected with the top link portion, the first link pivotally connected with the frame; and
a second link pivotally connected with the top link portion, the second link pivotally connected with the frame.

23. (New) The exercise device of claim 22 wherein the first link is pivotally connected with the top link rearwardly of the second link.

24. (New) The exercise device of claim 23 wherein the first link is pivotally connected with the frame rearwardly of the second link.

25. (New) An exercise device comprising:
a frame;
a foot press plate pivotally connected with the frame; and
a seat structure having a pivotal back support connected with the foot press plate.

26. (New) The exercise device of claim 25 further comprising a weight stack operably connected with the foot press plate mechanism.

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27. (New) The exercise device of claim 25 wherein the foot press plate includes:
a top link;
the foot press plate connected with the top link;
a first link pivotally connected with the top link, the first link pivotally connected with the frame; and
a second link pivotally connected with the top link, the second link pivotally connected with the frame.

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28. (New) The exercise device of claim 25 further comprising a transfer link having a first portion pivotally connected with the foot press plate and a second portion pivotally connected with the pivotal back support.

29. (New) An exercise device comprising:
a frame;
a foot press plate having a foot press plate rest position and at least a second foot press plate position;
a seat structure having a seat structure rest position and at least a second seat structure position; and
wherein movement of the foot press plate between the foot press plate rest position and the at least a second foot press plate position is coordinated with movement of the seat structure between the seat structure rest position and the at least a second seat structure position.

30. (New) The exercise device of claim 29 wherein the at least a second foot press plate position is further away from the seat structure than the foot press plate rest position.

31. (New) The exercise device of claim 29 wherein the at least a second seat structure position is further away from the foot press plate than the seat structure rest position.